

VOICE OF THE RESIDENTS

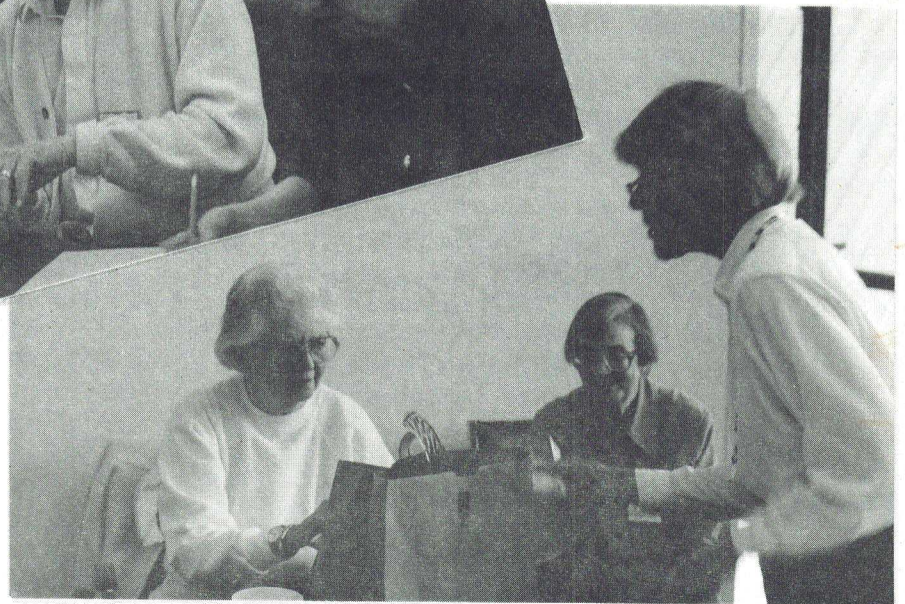
VOL. XVI, No. 5

BROADMEAD, COCKEYSVILLE, MD

JANUARY 1995



*Happy
New
Year!*



***Some Barn Salers '94 in the public view . . .
more on page 5***

Broadmead Welcomes . . .

by Betsy Griffin

JAMES and EDYTHE (Barnhart) HOOPER
R-18 527-0406 November 1994

The Hoopers are native Marylanders and come to Broadmead from the Baltimore area. Jim earned an LL.B. degree at the University of Baltimore, is a member of the Maryland State Bar Association, and spent a 44-year career with the Mercantile Safe Deposit and Trust Co., retiring as a senior vice-president in the trust department. Prior to their 58-year marriage, Edie was a dental hygienist. They have three daughters, two residing nearby and a third near Chicago; five grandchildren, and three great-grandchildren, with two more (twins) due early in 1995.

Edie has served as an active volunteer for 25 years at the Greater Baltimore Medical Center and Jim for 20 years with the United Way of Central Maryland and the League for the Handicapped as well as a Marine officer in the Pacific during World War II. Both have been active at St. Johns Episcopal Church in Mt. Washington, Edie serving as president of the women and as an Altar Guild member; and Jim as treasurer and chairman of the finance committee. They enjoy travel, concerts, theatre, and joining their many friends here at Broadmead.

**EMMA E. ZIEGLER and
LEONARD N. ZIEGLER**
R-2 527-1235 November, 1994

The Zieglers, brother and sister, were born in Baltimore County and have lived here continuously. Emma attended Towson State University, the University of Maryland, and Western Maryland College and earned a master's degree in education at the University of Maryland. She spent her career teaching at all educational levels throughout the Baltimore County school system.

Leonard studied merchant seamanship, worked in lighthouse

servicing, served in the Coast Guard during World War II, and with the merchant marine. He spent 30-40 years in real estate, managing family-owned properties.

The Zieglers had planned to move to Broadmead last spring, but after an unfortunate automobile accident were unable to move until recently. They are deeply involved in their former home, both in clearing it out and then selling it. But when that task is behind them they expect to find many things at Broadmead to interest them.

CHARLES ELLICOTT
H-1 584-7646 December 1994

What better endorsement can a community ask for than to have a former staff member retire among us? For the second time this year, we have had this pleasure. Charlie Ellicott, our original Medical Director, moved into H-1 in December. He is a Maryland native, attended local schools, and earned a M.D. at Hopkins Medical School during World War II. After years in Nashville and Baltimore, he married another doctor, Margaret Foote of Pennsylvania. After further training in New York State, they settled near Boston where Charlie practiced and his wife taught. She also provided him with his richest legacy--three daughters. His twin girls each hold doctorates in psychology and practice in distant cities. His third daughter he sadly lost three years ago.

After his wife's death in 1975, he returned to the Lutherville area to practice in the city of his youth until his retirement in 1988. To quote him, he is no longer a "health provider" but is now a "health consumer" who is grateful for his "second homecoming" to Broadmead.

Apartment Changes . . .
Frances Nicolls S-106 to T-357
Emily Schilpp B-7 to T-316



Let me put it to you this way:

THURSDAY OPEN FORUMS 10:30 a.m.

1/12 Doctor Charles W. McMillior
"The American Economy After
the Cold War: A New Era
Requires New Ideas"
Dr. McMillior is a distinguished
economist; a featured speaker at
President Clinton's Little Rock
Economic Summit; a Contributing
Editor of the Harvard Business
Review; formerly Staff Director and
Chief Economist for the Senate
Democratic Working Group on
Economic Competitiveness; now
President, MBG Information
Services.

1/19 Review and further discussion
of "The American Economy
After the Cold War"
Leader: Robert Sparks, Econo-
mist and Broadmead resident.

1/26 Hathaway Ferebee
"City, County:
Common Concerns"
Ms. Ferebee is the Executive
Director, Citizens Planning
and Housing Association.

* * *

ONE - TWO - THREE - FOUR . . .
By Paula Balser

Exercise classes will begin on
January 3 and 5 (8:30--9:30 a.m.) and
each Tuesday and Thursday for six
months. Classes will be paid for by
the Residents Association unless
numbers fall too low--in which event
individuals will be asked to pay.

Volunteers are needed to escort
Taylor Residents in walking for
fitness--good for you, too! Consult
Kathaleen Kennedy or Paula Balser.

MOVIES ON TUESDAYS AT SEVEN
By Augusta Shackford

1/3 MANHATTAN MURDER MYSTERY -
1993 111 min.

A housewife, Diane Keaton, has
trouble persuading her husband,
Woodie Allen, that their seemingly
harmless neighbor has murdered his
wife. Marvelous chemistry between
Allen and Keaton who play off each
other's neuroses with ease.

1/10 FOUR WEDDINGS AND A FUNERAL -
1994 117 min.

Hugh Grant, a bright young man,
cannot seem to find the right woman
in today's London. He fusses,
stammers, and pines hopelessly for
an American mystery woman, Andie
MacDowell. But timing for this
couple is atrocious, stymied by
Four Weddings and a Funeral.

1/17 THE GREAT ESCAPE
1963 168 min.

Allied P.O.W.'s plot massive
escape from Nazi prison camp.
Based on a true story, filmed in
Germany with international cast.
Rip-roaring excitement.

1/24 SNAPPER 1993 98 min.

Sharon, one of five siblings in a
working-class Dublin family, be-
comes pregnant and refuses to name
the father of the baby, Snapper.
Sharon takes such pride in her
pregnancy it rallies the somewhat
discombobulated family into total
commitment, unleashing all kinds of
feelings of love and tenderness.

1/31 THE CLIENT 1994 122 min.

Tommy Lee Jones and Susan Sarandon,
opposing attorneys, go after each
other hammer-and-tong. Sarandon
represents an 11-year-old witness
to a suicide; Jones is a prosecutor
trying to get him to testify. But
the boy knows if he does, the Mafia
will kill him.

CONCERTS IN THE LOUNGE

Residents Association Music Committee
by Harry C. Jones, Chairman

Sunday, January 8, 1:45 p.m.
Martin Jones
Pianist

Thursday, January 12, 7:00 p.m.
"Let's Sing!"

Wednesday, January 25, 7:15 p.m.
Jones Falls Express
Men's singing group
formerly known as "Foxheads"

COME TO THE CABARET, MY FRIEND. . .
By Nancy Grant

Broadmead Staff and Residents (Nancy and Vivian are at it again) are planning a Valentine Cabaret--party and dance from 7:00 to 9:00 p.m.--on Tuesday, February 14th. There will be dancing to "The Tune Toppers," refreshment by "Bernard's Catering", spiffy decorations, and some fun surprises. This affair is still in the planning stage but Residents and all Staff are encouraged to join us for an enjoyable evening. More in the February Voice but RESERVE THE DATE NOW: February 14th! Prospective Residents on Broadmead's Futures List are also welcome. R.s.v.p. to Karolyn Huffman by January 31st.

NEW OUT-PATIENT DISPLAY RACK
By Paula B. Balser

R

Please check out the new display rack in the Out-Patient Department, built by the Woodworking Shop. You will find take-home information on many subjects, thanks to our Patty Ferguson who has been gathering such materials from all available sources.

* * *

One health note a resident requested follows: Remember to wash hands often, especially with the season for colds here, and our daily use of public areas.

HALLOWELL/TAYLOR EVENTS HIGHLIGHTS

By Melissa Bartko, Coordinator

Friday, Jan. 6, 3:00 p.m.
Presentation by
Goddard Space Flight Center
Hallowell Hall West

Wednesday, Jan. 11, 3:15 p.m.
Baltimore Museum of Art slides
Hallowell Hall West

Thursday, Jan. 12, 10:30 a.m.
Baltimore history lecture by
Donna Drigan
Hallowell Hall West

Monday, Jan. 19, 2:00 p.m.
Poetry and literature with
David Foster
Taylor Central Lounge

MEN'S SOCIAL HOUR FOR JANUARY
By Chris Slaughter

Saturday, January 7 - 10 a.m.
Charles Ellicott:
"Sweetness and Light--Sugar
through the Ages"

Saturday, January 21, - 10 a.m.
Thomas Goedeke:
"Look Back and Smile"

SATURDAY PROGRAM OFFERINGS
By Dee Whiteford, Chairman
General Program Committee

Saturday, January 14 - 7:15 p.m.
"Exploring Africa" (Slides)

H. Lee Hirsche, former professor of art at Williams College, now living in Baltimore. Mr. Hirsche explores in a Catalina flying boat. This program was postponed last fall because of his illness, so we are delighted that he can now be with us.

Saturday, January 28 - 7:15 p.m.
"Mount Clare Museum House" (Slides)

Mrs. W. Page Dame will present a program and show slides of this mansion built in 1760. It is Baltimore's only pre-Revolutionary mansion and is one of the finest examples of Georgian architecture in Maryland.

Open Forum

A PRESENT TINDERBOX: POLITICS AND RELIGION

Merrimon Cuninggim spoke to the Open Forum on December 1, noting that this long-time issue has come to the fore again. Advocacy for a Constitutional Amendment allowing prayer in public schools, and the controversy in November in the Board of Education of the Baltimore County Public Schools about proposed new restrictions on religion in holiday practices are illustrations. Locally, the matter was temporarily resolved when the Board voted unanimously to reject both a task force's restrictive recommendations and the Superintendent's more moderate compromise. Public pressure assured that current practices will remain.

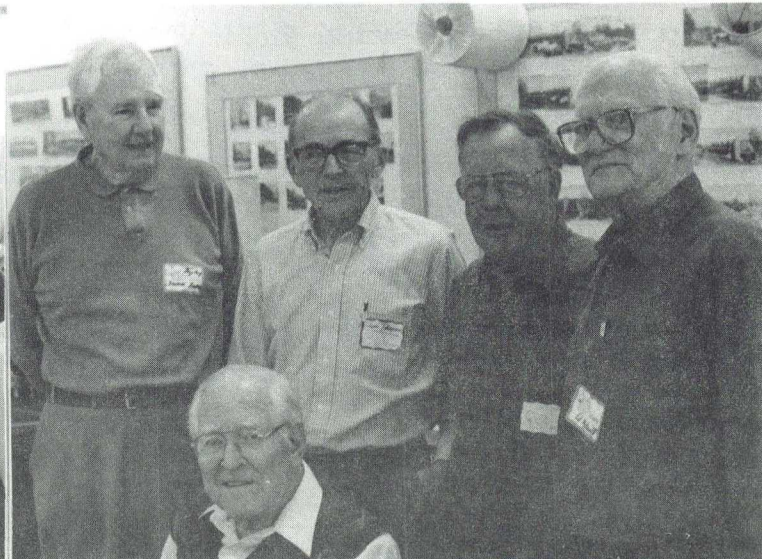
Merrimon Cuninggim believes the heart of the problem is the misunderstanding of religion, and the place of religion in our civil society. Across the political spectrum, people are confused and easily succumb to three myths:

1. that separation of church and state means a "wall," no contact at all between them. ("Disestablishment" is a more accurate description.)
2. that this is legally a "Christian nation."
3. that there is currently a "war against religion."

He chose to address the problem historically, reminding us of the long struggle for religious liberty which flowered for the first time in America. At the beginning, not one of the original thirteen colonies consistently and fully practiced it. Restrictions often existed against Jews, Catholics, Amish, Quakers, and others. The final achievement was our present balance of organic separation, but sympathetic association and equality of all religious sects before the law.

Virginia's Bill of Rights in 1776 led the way. Though Thomas Jefferson omitted from his tombstone the fact that he had been President of the United States, he insured the inclusion of "author of the Statute for Religious Freedom" along with "author of the Declaration of Independence" and "founder of the University of Virginia." While Jefferson was representing the country in Paris, James Madison won the debate in the Virginia Legislature, which spread in time to all the states. Cuninggim believes that this is a time of danger because of misunderstanding and misinformation, but also a time of opportunity and for appreciation of what we have--the fullest, most complete, most widely beneficial formula for religious freedom in any nation on earth.

--Reported by Whitty Cuninggim



ANALYSIS OF STATE AND LOCAL ELECTION RESULTS

By Thomas Goedeke

Barry Rascovar, editorial page director of The Sun, provided those attending the Open Forum on November 17th with an informative and enlightening analysis of the November 8th election results. His comments and answers to our questions held the overflow crowd in quiet attention for an hour and a half. League of Women Voters who attended and co-sponsored the event added to the evening's pleasure.

Pertinent points which Barry Rascovar made about the election itself were:

- * the results of this volatile election were most difficult to predict, with some saying it would end in a landslide victory for one or it would be too close to call.

- * Sauerbrey's campaign plan was easy to understand--reduce waste and cut taxes while spending less

- * Glendening's campaign featured second-rate advertising on TV, a "stiff image" of his candidacy, and a position of being for everything

- * the big story of the election was the overwhelming support for Sauerbrey in the suburban counties (winning all except Prince George's County, Montgomery County, and Baltimore City)

Glendening's appointment of his wife to be co-chair of his transition team could be a real problem. It was amazing that he did this after having full knowledge of the reaction of the

public to Hillary Rodham Clinton's work in public policy affairs.

The truly dark side of the election was what happened after the polls closed. Real anger manifested itself on the part of the Sauerbrey supporters. It came out as being mean-spirited and her being against blacks and those unable to care for themselves, i.e., those in nursing homes and those disabled.

Challenges are being made by Sauerbrey on every conceivable issue even listing possible fraud--yet nothing substantive has been revealed at this time. Barry pointed out that this is the dark side of the election and it raises questions about Sauerbrey's behavior if she were to become Governor.

In closing, Mr. Rascovar gave us his peek into the future:

- * Glendening has always been underestimated

- * three months from now this election will fade away

- * Glendening will energize the bureaucracy to work with business

- * there may be more targeted aid for schools

- * college aid will be increased but only for specific programs

- * government agencies will be studied and maximized since Glendening is truly a student of government

- * and, four years from now there may be an interesting rematch!

Spirited discussions (questions, comments, answers) of a variety of topics followed from 7:55 to 8:30.

JANUARY RESIDENT CRAFT/HOBBY SHOW

By George Anderson

Our annual Craft/Hobby Show will be held Saturday, January 14th in the auditorium from 12 noon to 8:00 p.m. Residents who have interest in sharing their collections or creations with us should sign up on the sheet on the bulletin board for participation space.

ADVENTURES IN LEARNING

A four-part lecture series about Maryland history by Doctor D. Randall Beirne will be given on Tuesdays next month. The dates to save are: February 7, 14, 21, and 28. See the Voice for December, 1994.

**A Showing of
ARTWORK BY RECENT RESIDENTS**

Compiled by Bill Banks

The East Hall Gallery Committee, chaired by Osra Farinholt, presents with verve a showing of art created by eight newcomers--residents who joined our ranks in 1993 and 1994. They will exhibit between January 7 and February 24, 1995.

Catherine Ann Cover

(4/94) Medium: Watercolor
Garrison Forest School
Degree in sociology from Duke Univ.

Charles E. Ellicott

(12/94) Medium: Watercolor
Broadmead Medical Director '79-'84
J.H.U. Medical School - M.D.

Eleanor Hobelmann

(10/93) Medium: Oil, pencil
Goucher College

Charles Hobelmann

(10/93) Medium: Oil
Johns Hopkins University
U.of M. Med. Sch.(anesthesiologist)

Louise Levy

(5/94) Medium: Watercolor
Goucher College
Ibekama Flower Arranger

Elizabeth Ober

1/93 Medium: Watercolor
formerly
President/Trustee, Pickersgill

Marion Staley

(9/93) Medium: Watercolor
Maryland Institute; Johns Hopkins U.
Teacher of art; docent at Walters

Bela Visy

(3/94) Medium: Pastel, watercolor
B.F.A., Towson State University.
Architect; helped design BWI airport conversion and Balto. subway

In Memoriam

MURTHA B. FELTER

July 2, 1905 - November 24, 1994

ERNA WHITE

June 16, 1902 - November 24, 1994

ERNEST H. HANHART

March 23, 1910 - November 26, 1994

KATHERINE FISHER

October 27, 1902-December 15, 1994

IN- AND OUTSIDE

By Sarah Cooper

That time of year has come when "yellow leaves, or none, or few do hang upon the boughs ... Bare ruin'd choirs, where late the sweet birds sang," and so we string some lights outside, turn our attention indoors, and wait for spring (which, of course, can't be far behind) on the trail.

We have hung the walls with fireproof wreaths and festooned trees with tinsel and balls. There are more notices of dancing, singing, learning, celebratory events than the bulletin board can comfortably carry. Small groups combine for parties or bridge games. We even read. Still, outside, there are compensations.

Coming home from an evening activity can be shivery, but a silvery bow of moon may light our way. Branches thickly etched against the sky replace foliage. Not all the birds have flown. Just walking the Perimeter road, we are aware of the winter stay-overs hopping in the bushes, chattering away. Certainly, they have a good crop of berries to work on this year: bittersweet, rose hips, dogwoods, and the ubiquitous jack-in-the-pulpits.

Squirrels, swishing their tails, go for acorn and hickory nuts, also plentiful; and deer are probably nipping away at our rhododendrons in spite of our discouraging efforts. At least, residents have spotted deer nearly. Moreover, we have passed the winter solstice. Each day will now have a few more minutes of light. After a mild and wonderful fall, we're as ready for "winter and rough weather" as can be.

VESPERS

**Sunday, January 15, 1995
4:30--5:00 p.m.**

The Reverend Amy S. Yurgealitis
Grace United Methodist Church

MORE ABOUT CHOLESTEROL

By John De Hoff, M.D.

Cholesterol is essential to the synthesizing of adrenal and sex hormones and forms vitamin D-3 by the action of ultra-violet light on the skin. To make possible its easy transport through blood vessels, insoluble cholesterol must be combined with protein to form soluble lipoproteins. Complexes of cholesterol with protein, called high density lipoproteins or C-HDLs, are thought to be less likely to induce arteriosclerosis.

Recently, the daily press headlined a report appearing in the Journal of the American Medical Association, which indicated that elevated blood cholesterol levels are not associated with coronary heart disease mortality in persons older than 70 years. The Broadmead Health Committee believes that this represents a departure from current thinking and warrants further examination.

A group of New Haven, Connecticut, men and women were enrolled in a special study of elderly persons. Subjects' ages ranged from 71 to 104 years with an average age of 74 years. They were checked for hypertension and other diseases and monitored for new heart disease. All causes of death were then scrutinized over four years.

The researchers were surprised to find that in women the best survival occurred in study groups with higher blood cholesterol levels than in those with lower levels. No such clear relation between survival and cholesterol levels existed in the men studied.

Although considerable data show that in young and middle-aged persons high blood cholesterol creates an inclination for coronary

heart disease, this risk weakens with advancing age and does not exist for persons over 80 years. It is controversial, however, for persons between 65 and 75 years.

The study did not support moderately elevated cholesterol as a risk factor for coronary mortality among very elderly subjects. Their findings need to be corroborated in other large studies of older people.

JAMA editors commented that screening and treatment for high blood cholesterol need not be advocated for people in their late 70s. Patients who desire these interventions should be advised about relative advantages that may accompany any medication program. The editors concluded that "the ethics of preventive medicine require strong evidence that benefits outweigh harms before instituting risk factor modification."

Broadmead residents are about where we were before this study was reported. Persons who wish to control their cholesterol levels should continue to discuss health problems with their physicians. Make no contrary moves without prior counsel. Limit the intake of cholesterol in your diet. Keep body weight trim and continue to exercise regularly.

A final word: View news reports of "major medical advances" with caution before making bold changes in personal health practices. "Be not the first by whom the new is tried, nor yet the last to lay the old aside."

* * *

On The Other Hand . . .

An article titled "A Doctor's Help in Dying--Pros and Cons" elicited a response from another distinguished Resident who communicates his point of view in a letter to the *Voice*:

Editor,
Voice of the Residents

I was surprised to find an article in the *Voice* on the exceedingly controversial subject of euthanasia, euphemistically termed "assisted suicide." It was unfairly slanted because the authors were permitted to rebut contrary arguments with "skeptical questions" but none were proffered for their own.

Broadmead's proponents should instead have made their arguments for assisted suicide on the statement residents will be asked to sign in December, not in the *Voice*. Exposure of its subject material by early publication in the *Voice* biases any conclusions that might be made from such a survey, and could even be considered as a tacit support.

What is particularly repugnant about this morass of assisted suicide is that physicians are expected to be partners or co-conspirators and help people to suicide. Whatever we want to call mercy killing, euthanasia, or assisted suicide, it is still killing and neither physicians nor other health care or helping professions should be made part of it.

In any case, arguments about subjects like euthanasia, abortion, capital punishment, or suicide seem inappropriate for a community news bulletin like the *Voice* unless a change in format be considered.


John De Hoff, M.D.

JOYFUL SOUNDS

THE JOYFUL SOUNDS HANDBELL CHOIR
under the direction of
Robert Muckenfuss
THE MANY MOODS OF CHRISTMAS
featuring vocalists
Jenny Elliott and
Steven Rainbolt
with flutist Julie McDonnell

A delightful enhancement of the holiday mood occurred when the Joyful Sounds Handbell Choir performed at Broadmead on a brisk December Sunday afternoon. Ten experts in this unusual musical art rang in the Christmas spirit with familiar and some less-familiar songs under the direction of Robert

Muckenfuss. This versatile artist is Director of Music and Organist at Linden Heights United Methodist Church and is presently working on his doctorate the the Peabody.

The entire program was devoted to Christmas songs. Julia McDonald provided a flute accompaniment to some. A vocal duo of exceptional quality was supplied by Steven Rainbolt and Jenny Elliott, both graduate students at the Peabody.

Mr. Muckenfuss performed on an electronic keyboard which gave an orchestral quality to many of the songs. It was a very happy hour.

--B-flat

AN OPPORTUNITY GAINED AND LOST

By Robert M. Sparks

On the morning of November 19, in the Broadmead Auditorium, more than 150 members of the Maryland Continuing Care Residents Association (MaCCRA) heard a unique continuing care resident relate her experiences as a resident for 22 years. Audience reactions indicated appreciation of an unusual opportunity. But in introducing her I failed to call attention to her most unusual qualification.

Her name is Ruth Hoffmeister, a resident of John Knox Village, a CCRC in Pompano Beach, Florida. In November 1994 she was on the annual meeting program of the American Association of Homes and Services for the Aging (AAHSA), a national organization. In September 1994 she was on the annual meeting program of the Florida Association of Homes for the Aging, the providers' state organization. And at Broadmead she was on the MaCCRA Annual Meeting program of the statewide residents association--all three levels of the CCRC industry within 3 months.

Her message to MaCCRA members

included a brief account of her two court battles addressing the interest of residents against an erring provider. The first occurred in 1972 as a member of a court-appointed committee in a CCRC bankruptcy. The second involved her right as the legal surrogate for her husband to have feeding tubes removed from him. In each case she was on the winning side, correcting the provider's mistakes.

Her message was a plea for greater cooperation among the providers, regulators, and residents, which she has carried to the three organizations. She also addressed the importance of the local residents association in initiating and maintaining a high quality of cooperation among all the parties in negotiating differences which are bound to occur. I am certain her message was not overlooked by the two Executive Directors of Maryland CCRC's and the Director of the State regulating agency who were among the audience that heard this opportunity knocking on our door.

VOICE of the RESIDENTS

Volume XVI, No. 5

January 1995

"Eschew Obfuscation"

Published monthly,
September through June, by the
Broadmead Residents Association,
Lloyd Tyler, *President*

Harry S. Scott, Jr., *Editor*

Contributors to this issue:

George Anderson, Paula Balser, Bill Banks, Melissa Bartko, Peggy Brian, Dorothy Clapp, Sarah Cooper, Whitty Cuninggim, John De Hoff, Thomas Goedecke, Nancy Grant, Betsy Griffin, Louis Hamburger, Harry Jones, Abraham Makofsky, Augusta Shackford, Chris Slaughter, Robert Sparks, Virginia Tinley, Dee Whiteford.

Photography: Harry Scott

Camels courtesy of American
Electric Power Company, Inc.



Broadmead

13801 York Road
Cockeysville, MD 21030

Non-profit Org.
U. S. Postage
PAID
Cockeysville, MD
Permit No. 5



Address Correction Requested